

Dairy

Whole milk
 2% milk
 Skim milk
 Buttermilk
 Whole chocolate milk
 Lowfat chocolate milk
 Hot cocoa made with fluid milk
 Cheese (cubes or slices)
 Cottage cheese
 Yogurt

Protein

(select at least one)
 Refried beans
 Meat (cubes or slices)
 Link sausage
 Meatballs
 Chicken slices
 Scrambled eggs
 Cooked dry beans/peas
 Sunflower butter
 Hard boiled eggs
 Hummus
 Greek yogurt
 Fish
 Quinoa
 Cheese (cubes or slices)
 Cottage cheese

Grain

(select at least one)

Rye wafers
 Whole wheat bread/toast
 Bagel
 Bran muffin
 Cereal (enriched)
 Granola
 Soft pretzel
 Rye Krisp
 Oatmeal cookie
 Saltines
 Graham crackers
 English muffins

Carrot bread
 Bread sticks
 Cornbread
 Raisin bread
 Biscuits
 Whole wheat crackers
 French bread
 Syrian flat bread
 Cinnamon toast
 Whole wheat buns
 Blueberry muffin
 Boston brown bread
 Tortillas (corn or flour)
 Pumpernickel bread

Spoon bread
 Cinnamon bread
 Waffle square
 Zweiback
 Pilot bread
 Rice
 Bulgur
 Macaroni

Fruits/Vegetables

(select at least two)

Juice: apple, orange, tomato,
 pineapple, grapefruit, prune
 Strawberries
 Bananas
 Pineapple (chunks or slices)
 Peach slices
 Apple slices
 Apple sauce
 Cucumber chunks
 Fresh fruit cup
 Orange slices
 Pear slices
 Mandarin orange slices
 Melon chunks
 Seedless grapes
 Tangerines
 Plums
 Tomatoes
 Vegetable sticks

Prunes
 Baked apple
 Fruit cocktail
 Raw cauliflower
 Raw cabbage
 Raw broccoli
 Apricots (dried or fresh)
 Cantaloupe
 Grapefruit
 Beans
 Carrot sticks
 Sweet potatoes
 Avocado
 Mango
 Smoothie
 Kale
 Raisins
 Kiwi

“More-in-One’s”

Veggie Scrambled Eggs
 Quesadillas
 Sweet Potato Pancakes
 Broccoli Cheddar Bites
 Smoothie
 Banana bread
 Zucchini bread



LUNCH POLICIES

Lunch is an important part of the day for your child.

A balanced lunch needs to contain:

1 protein serving

1 bread serving

2 different servings of fruits & vegetables

The Center will provide 100% apple juice as a drink. This can be counted as 1 serving from the fruit group. Please check prepared food labels for protein content.

Please check prepared food labels for protein content. Also, fruit snacks (eg, Fruit Roll-Ups), and candy are “empty” calories and cannot be considered as meeting any of the above food groups. Please make sure your child’s lunch is packed in a lunch box marked with his/her name. Be sure food is kept at the correct temperature.

For Hot Foods: Heat food to a safe temperature, then use a thermos to keep the food hot.

For Cold Foods: Use a cold pack to keep food needing refrigeration at the proper temperature.

Lunch will begin between 11:30 and 11:45AM each day.

NO PEANUT/TREE NUT POLICY

We are seeing an increase in the number of nut allergies among children. These allergies are often life-threatening. Therefore, we have adopted a No Peanut/Tree Nut policy. We view this as “*pikuach nefesh*”—our responsibility of saving a soul. No Peanuts/Tree nuts means that there are no peanut/tree nut products in any of our children’s lunches; examples of this would be: peanut butter, cashew butter, almond butter.

We realize that this is an inconvenience to those families without nut allergies. However, we have provided a list of food alternatives on the back.

If you have any questions, please consult the Early Childhood director.

